



FSAT

CULINARY CONNECTION

VOLUME 2 ISSUE 4

MARCH 2009

CHOCOLATE TALLOW ARTIST!

Below is center piece done by FS1 James Swenson from the DHS Executive Dining Facility! The center piece was awarded a silver medal at the 34th U.S. Army Culinary Competition held in Fort Lee.



FSAT Ice Carving - Class I - April 6th & 7th, 2009



**THE NEW COAST GUARD FOODSERVICE MANUAL
IS OUT AND TOOK EFFECT 01 APRIL 2009!**



(COMDTINST M4061.5A)

NO PAPER DISTRIBUTION WILL BE MADE OF THIS MANUAL. OFFICIAL DISTRIBUTION WILL BE VIA THE COAST GUARD DIRECTIVES SYSTEM INTERNET WEB SITE: [HTTP://CGWEB2.COMDT.USCG.MIL/CGDIRECTIVES/WELCOME.HTM](http://CGWEB2.COMDT.USCG.MIL/CGDIRECTIVES/WELCOME.HTM) AND THE WWW WEB SITE AT: [HTTP://WWW.USCG.MIL/DIRECTIVES/CIM.ASP](http://WWW.USCG.MIL/DIRECTIVES/CIM.ASP)

Lots of new changes!



E-PME CD?

Did you know there is a USCG **E-PME CD! If your unit didn't get one, contract your FSAT Representative and we'll get one out to you.**

Good luck on the Service wide.

CREAM OF THE CROP COOK



This Month's "Cream of the Crop" is from ISC Seattle and his name is **FS1 Douglas VanKampen**.

In just the short period of time that FS1 VanKampen has been attached to ISC Seattle, he has done great things to improve the quality of food and service being rendered at the Dining Facility. In the last quarter alone, his leadership oversaw the preparation of over 10,000 quality meals. At a customer's request, he personally reformatted the weekly menus to display caloric and nutritional information and is always seeking better ways to prepare healthier food items. He is also outstanding in the catering department; catering numerous functions flawlessly throughout the year. One of FS1's most noticeable attributes is his very supportive leadership style he displays while working with his fellow Foodservice Specialist. He is always taking pictures of the great work they do and you can sense the excitement in his voice when he's bragging about them.

As an active member of the local community, FS1 Vankampen serves as a volunteer photographer at his church, he's a Girl Scout parent, and recently organized a local bone marrow donation drive.

Testimonial Comment (FSCM Chuck D'Amico) - FS1, thanks for the caring attitude you displayed during my visit to your unit last month. Your passion for the rating and effective leadership style is exactly what the FS Rating desirers. Keep up the great work and enjoy your 2-week training class at the Culinary Institute of Virginia in July 2009.



Does your unit have any excess foodservice equipment they no longer want? Please contact your FSAT Team with item information and we'll list it in our monthly news letter.

** I know we have excess equipment out there! Please communicate the information to us, Thanks!*



DFAM HAS IT'S OWN SYMBOL NOW!

The DFAM Program is off and running. As you can see below, we now have a symbol, a manual, and training dates.

Up-Coming Training Locations:

Portland WA. – June 1-5-2009
Seattle WA – June 8-12-2009
Honolulu HI – July 13-17-2009

HELPFUL LINKS:

The DFAM instruction was published, and can be found at:

http://www.uscg.mil/directives/ci/4000-4999/CI_4061_6.pdf

I highly encourage folks to begin reviewing the DFAM user guide, which is on CG central at:

http://cgcentral.uscg.mil/uscg_docs/portal/20090410/DFAM%20User%20Guide_2.pdf

And while not a DFAM announcement, the shiny new Food Service Manual is out as well. Tons of changes, and testable in November:

http://www.uscg.mil/directives/cim/4000-4999/CIM_4061_5A.pdf

FS1 Ian Weiss
Dining Facility Automation Management Program Specialist
COMDT CG-1111
1900 Half St JR 09-0831
Washington DC 20593
e-mail Ian.S.Weiss@uscg.mil
Phone (202) 475-5152

DETAILED
DOMAIN

CRITICAL FSO SOLICITATION



The following billets are open immediately!

UNCLAS //N01326//

SUBJ: ALCGENL 043/09 - FS CRITICAL SOLICITATION FOR FSO 1. CG PSC-EPM-2 IS SOLICITING FOR THE FOLLOWING VACANCIES LISTED

BELOW:

GRADE	POSN NR	UNIT/POSITION TITLE	LOCATION
FS2	00016344	CG STA MICHIGAN/FSO	MICHIGAN CIT IN
FS2	00065884	CGC SHEARWATER/FSO	PORTSMOUTH VA
FS2	00037925	CGC KODIAK ISLAND STBD	KEY WEST FL

CWO2 Michael V. Carpenter
Coast Guard Personnel Command
Enlisted Personnel Management Branch 2
Food Service Assignments
FSCM/FSCS/FSC/FS1/SCA
(202) 493-1297 office
(703) 217-8051 cell



find good food
local sustainable organic

Looking for wholesome, fresh, sustainable food but not sure what to search for? Whether it's a farmers market, store, restaurant or other food outlet your looking for this is an awesome site for the U.S. and Canada.

<http://www.eatwellguide.org/i.php?pd=Home>



FOODSERVICE TRAINING OPPORTUNITIES!

Commands,

below you will find **FSAT** Training opportunities **for 2009!**

I guarantee these FSAT Training venues will motivate your FSs and improve your Coast Guard Dining Facility.

Your Foodservice Specialists works hard, why not reward them with a little professional development.

TRAINING DATES:

Chicago's National Restaurant Association Show (NRA) – May 16th-19th 2009 at the Chicago Convention Center, Chicago IL.

Ice Carving School - ISC Alameda, CA-April 20th&21st

PVA Classroom Training - ISC Alameda, CA- April 22nd&23rd/**Seattle ISC—26 JUN 2009**

SERVSAFE CERTIFICATION TRAINING – May 5th & 6th, 2009 – ISC Alameda, CA

CAKE DECORATING CLASS - 7th May 2009, Alameda, CA

Greater Tampa Bay/D7 Food Service Symposium – Clearwater Florida, May 12-14, 2009.

FANCY FOOD SHOW – JAVITS CENTER, NEW YORK CITY, JUNE 28-30, 2009

FSAT Foodservice Conference – (**Juneau, AK.**) – July 20th-24, 2009.

FSAT Foodservice Conference – **Seattle, WA.** – Date under construction.

FSAT Foodservice Conference – **Alameda, CA.** – Date under construction.



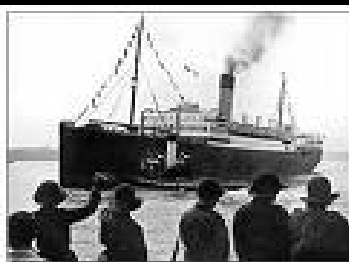
The Chicago Food Show is right around the Corner!



Commands,

What about sending your Foodservice Specialist to the greatest show on Earth; **the Chicago –National Restaurant Association Show?**

Dates: May 16th -19th, 2009



FSAT MEMBER DEPARTS!

Greetings fellow Food Service Specialists. As I prepare to depart MLCLANT FSAT, I would like to briefly reflect back on my five years of serving the FS rate. It has been a privilege to have worked and trained with some of the finest FS's in the Coast Guard. Over the past five years I have been lucky enough to have experienced Eastport, Maine in the winter; and Brownsville, Texas in the summer; conducted a sub escort on a patrol boat; and have gone up the Tennessee River on a river tender.

As the auditor for the Eighth District, my hat is off to all the FSs for all the hard work each one of you do day in and day out. The dedication you displayed after Hurricanes Katrina, Rita, and Ike; during the Midwest floods; and after tornados ripped through your communities, made me proud to be associated with this great group of sailors. I would like to specifically salute the hard working FSs on board the river tender who are not appreciated for the job they do, especially those remote units located in areas such as Sallisaw, OK and Pine Bluff, AR.

Well, the last five years have flown by and I hope that the assistance and training I have provided has helped you to become a better Food Service Specialist. This has been one of, if not the most rewarding tour in my twenty plus years in the Coast Guard and I will sorely miss it. As I transfer to the CG Finance Center next month, I look forward to still being able to work with you over the coming years to improve upon the BEST rate in the Coast Guard.

Sincerely,
FSC Robert Cadwallader, USCG

COAST GUARD CULINARY TEAM STRIKES AGAIN!

The Coast Guard Culinary Team competed and placed well among the best military chefs from across the services during the U.S. Army Culinary Arts Competition held at Fort Lee, Virginia on March 1st-13th, 2009. There were more than 150 military chefs from 16 teams vying for top honors in more than 35 categories in the largest culinary competition held in the United States. Team Coast Guard took third in the field competition out of the 14 teams that competed. This was a first time that another military service placed in the top 3 in the coveted field competition.



“HAVE YOU HEARD?”

Recently, two new FSC positions have been created by CG-1111. The first position will be at DSCP out of Philadelphia, and the second will be located at FINCEN. **These positions should help out the FS rating big time!**

The following members are now in these positions:

FSC Bob Cadwallader – FINCEN

1430A Kristina Way
Chesapeake, VA, 23326-1000
757-523-6055
Robert.E.Cadwallader@uscg.mil

FSC Scott Bowen – DSCP

Defense Supply Center Philadelphia
700 Robbins Ave.
Philadelphia, PA 19111-5092
(215) 737-2915

GET A COPY OF THE FSAT “RESOURCE” CD

Looking for some great material to improve your Dining Facility? FSAT now has a resource CD that contains everything from “**Action Stations**” to Panini Recipes. This CD also contains 110 foodservice power point presentations, **WOW!**

If you would like one, please contact FSC Mercillott via e-mail or call him at - 510-637-1263

COASTIE COOKS'



This month's recipe is called Pizza Rustica or Italian Easter Pie. It is a traditional Italian recipe. We bake it ahead of time and reheat slices in the microwave for about 30 seconds . Hope you enjoy it!

Marilyn D'Amico



2 HARD BOILED EGGS, DICED
1/2 LB. PEPPERONI diced in small pieces
1/4 LB. GROUND SAUSAGE BROWNED LIGHTLY (SAUSAGE ROLL / JIMMY DEAN)
2 OZ. HAM CHOPPED (cooked or domestic)
8 OZ. MOZZARELLACHEESE DICED
1 TBL.SPOON GRATED ROMANO CHEESE
2 LB. RICOTTA CHEESE
2 EGGS
DASH OF SALT
2 PIE CRUST SHELLS

Combine Ricotta, salt and grated Romano cheese. Add two eggs, one at a time beating after each with a wooden spoon. Add cooked sausage meat, ham, Mozzarella, pepperoni, and diced eggs. Blend and mix well. Smooth mixture evenly in to pie crust shells.

Bake in preheated hot 400 degrees oven for first 15 minutes. Lower Temperature to 325 degrees and bake 45 minutes more

Have a recipe you want to share? Send it to us and we'll publish it in one of our newsletters.

Charles.F.Damico@uscg.mil



HEALTHY COOKING



This month's healthy cooking article is taken from the Chicago Tribune Article

By [Julie Deardorff](#)
[December 28, 2008](#)

Eat this with that: How food works in tandem to boost nutrition

Eating certain foods in tandem helps the body absorb nutrients more readily

The next time you're preparing a spinach salad, toss in a mandarin orange. The citrus fruit won't just enhance the flavor; its vitamin C will help your body absorb the iron found in leafy green vegetables.

But these nutrients aren't necessarily the only team players on your plate. A growing number of foods have been shown to have a "one-plus-one-equals-three" effect when eaten together, said dietitian Wendy Bazilian who holds a doctorate in public health.

"They give you a stronger defense than if consumed separately," said Bazilian, author of "The Superfoods Rx Diet" (Rodale, \$25.95).

Tomatoes and broccoli, for example, have more powerful cancer-fighting qualities when eaten at the same time than when consumed alone, according to University of Illinois researchers. Adding vinegar to sushi rice has been shown to decrease the glycemic index of the rice by as much as 35 percent. And combining foods that contain carotenoids, such as tomatoes, with a healthful fat, such as olive oil, makes it easier for the body to absorb the nutrients more readily.

"It's not that one nutrient doesn't work; it's that two or three work better," said dietitian Elaine Magee, author of "Food Synergy" (Rodale, \$19.95).

When foods are "bioavailable," they're ready for the body to absorb and use. But we often unwittingly make decisions that interfere with the body's ability to maximize these "good" nutrients.

The use of fat-free salad dressing instead of one containing a healthful fat is a common mistake.

"Locked up inside that salad is nearly every antioxidant you've ever heard of," Dr. John La Puma wrote in "Chef MD's Big Book of Culinary Medicine (Crown, \$24.95).

If you use fat-free dressing, he wrote, "you're getting less than you could—unless you eat that salad with avocado, or with walnuts or roasted walnut oil, or extra-virgin olive oil or nearly any other good-for-you fat."

The reason, La Puma said, is that the oil makes several nutrients—the lutein in the green peppers, the capsaanthin in the red peppers, the lycopene in the tomatoes, even the limonene in the lemon—more body ready for you. "Each of them is optimally absorbed with a little bit of fat," he wrote.

The best way to spot synergy on your plate—and to ensure a nutritious meal—is to make sure it has a minimum of three colors and contains healthful fat (avocado, olive oil or nuts), Bazilian said.

"Food has a way of working synergistically, whether or not it's an outright pairing, so you're not constantly drinking tea and eating spinach. Certain nutrients help each other out."

Words of Wisdom



How do I conduct an FSO Relief?

By FSC Alex Rivers



It is getting to be that time of the year for FSO relief's so I wanted to re-visit the topic. We are still seeing relief's of Food Service Officer's (FSO's) being done wrong, and it only hurts you as the incoming FSO if you don't do it correctly. So please take your assignment seriously, read your relief letter before you send it through the chain of command and don't be afraid to add unsatisfactory findings to the template you pulled off the internet or FS SMS web site.

I understand that the face to face time you have with your relief is between minutes and days. For this reason you need to be familiar with the relief process and handle any discrepancies before the person you are taking over for heads for their next assignment. I am going to try to cover some things that a young FSO might need or even a saltier one might just need as a refresher. So, please allow me to try and make this assignment a little easier.

The first thing you should do before reporting is to read and get comfortable with the duties and responsibilities you are about to undertake as outlined in CH-8 in the Food Service Manual (COMDTINST 4061.5). This will guide you through most anything that will arise throughout your tenure as the Food Service Officer.

Upon reporting to your new unit and taking the FSO you need to do a **FULL PHYSICAL INVENTORY**. When you sign your inventory make sure you read the instructions above the blocks in the area above. The Outgoing FSO signs in Block A...Incoming in Block D. Make sure the vendors (food suppliers) like Sysco and U.S. Foods have all been paid. Go through the (CGDFOS) Coast Guard Dining Facility Operating Statements call record sheets to see if (PCA) Purchase Card Audit statements match. Check when the last Verification Audit was completed. Those of you with units on (ICA's) Individual Credit Accounts make sure they are paid, up to date, and be sure that a cash log is started, if not make sure it is noted. Complete your (CG-2576) Operating Statement and determine the financial condition of the dining facility, which is Line 26. ACCUMULATED UNUSED ALLOWANCE (deficit) END OF PERIOD. While doing your walkthrough with the outgoing FSO ask questions pertaining to all FS related work spaces and all galley running equipment (oven, griddles, refers, freezers, range burners, etc.) to make sure they are working properly. While going over monthly (CGDFOS) files have the outgoing FSO go over the last FSAT assessment survey with you so you'll know where the dining facility stands and so that you don't get hit for the same thing when you are due for another FSAT assessment survey. The assessment survey checklist is a great tool to evaluate the CG dining facility and should be used every 6 months to see where you stand and to make sure you are following correct procedures and safety practices according to Coast Guard standards.

When you do your relief letter be specific with your findings. Include the exact dollar amounts for your inventory, financial condition of the galley (plus or minus), amount of cash in transit, and amount on hand. If you find discrepancies include them in your relief letter. None of us are perfect but if there is something drastically wrong you should make a note of it so that you are not held accountable for that mistake and you make the corrections so that it doesn't happen again. If you have any questions at all please be sure to call your (FSAT) Food Service Assistance & Training Team representative for help.





THE ADOPT A CHEF IS OFF AND RUNNING!



On March 9th through the 12th 2009, Sector San Francisco had the honor of working with Chef Nydia Ekstorm, CEC. Chef Nydia is known for training food service personnel in culinary arts all around the world! She offers the Coast Guard an incredible insight of what's happening in the culinary spectrum.

During the four day training program, Sector's Foodservice Personnel were exposed/ trained in two main areas; **Latin American cuisine** and **Chowders**. Students prepared a large variety of entrees, side dishes, and salads, and were amazed with the many things that could be done with leftovers.

Chef's training techniques included a demo and a follow up with the students preparing the actual items. At weeks end, following kitchen and classroom training, students received ACF Certification Credits and Certificates.

Her training was incredibly valuable, and we look forward to working with her again.
FS1 Gabriel L. Cox- **Sector San Francisco**



ADOPT A CHEF PROGRAM

Want ACF Certified Chefs (American Culinary Federation) on board your cutter to train your FS Staff free of charge? Call Senior Chief Frank Ramos at 510-637-1258 to work out the details.





RANDY'S PLACE



Greetings my Fellow Foodservice Specialist,

The Service Wide Exam is fast approaching; make sure that you spend your study time wisely. Take out your copy of the FS EPQ's, and make sure that you know how to perform each task according to the listed references (E-4 through the pay rate testing for). If you heed my advice, I guarantee you will increase your raw score dramatically. I expect to see some of the highest scores in a long time from our Food Service Specialist now that they know exactly what to study.

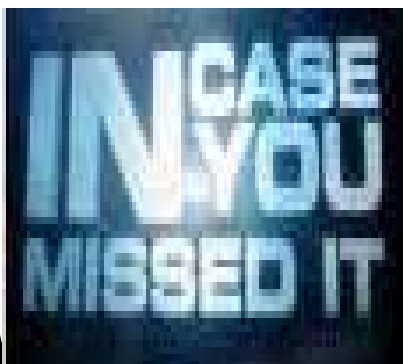
It is critical that you understand that the SWE is based on the performance of the EPQ's as per the listed references. You may have the best method in the world to prepare roast beef, but if you don't know how to prepare it in accordance to the prescribed references, it will cost you dearly on the test!

Understand that the EPQ references are a baseline for everyone taking the exam. Not everyone has the opportunity to work with an outstanding Chief to mentor and guide them? So with this method, the baseline levels of the playing field are even for all and everyone is being tested on the same criteria.

On a separate note, I am looking for healthy cooking ideas/recipes for a disk that I am putting together. If anyone has something healthy to share, please feel free to send me a copy of your ideas via e-mail or by phone. I will also independently recognize those that assist me with this project.

Study and do well on the exam

FSC Randy A. Spainhour
FS Subject Matter Specialist
Phone: 707-765-7142



As the FSAT newsletter is growing, so is the circulation demand. We here at FSAT are making every effort to make sure the newsletter reaches the entire FS Force. We realized not everyone is always getting a copy of it. If you or anyone you may know are not receiving a copy each month, you can access at:

<http://www.militarychefs.com/FSAT.html>

or

Just send FSCM D'Amico an e-mail and he will send the link right over!



WHERE TO FIND DSCP INFORMATION!

Now that DSCP has become a major topic for us Foodservice Specialist; the link below will provide you with information on using the Prime Vendor program and answer any questions you may have.

Please review and bookmark it for future reference .

<http://www.dscp.dla.mil/subs/support/index.asp>



NETWORK AVENUE



Hone your message. When someone asks you what you do, can you articulate not only your business but it's benefit to them in a clear and concise manner? How about your "elevator speech" or 15-second intro - is it crisp, to the point and compelling, or do people's eyes glaze over before you get to the end? This is not the time to give a dry and deadly-dull job description. Save that for your resume. When someone asks about you and your business, you are being given a golden, but brief, opportunity to knock his or her socks off and to persuade them that you are the best thing to happen to them since sliced bread. Make sure you do so.

Important - leave your sales pitch at home! Networking is networking, and sales is sales. Confuse the two and you'll lose out on both. Nobody wants to be sold to, especially when they're quite plainly not in a sales environment. And remember that anyone who tries to work a networking event under the "three-foot rule" (anyone within three feet is an opportunity to make a sale) is likely to find others unwilling to get within three feet of them in a very short period of time.

KEEP NETWORKING





Helpful Tips



DID YOU KNOW ?

Bananas-Peel a banana from the bottom and you won't have to Pick the little 'stringy things' off it. That's how the primates do it. Take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster.

Cheese-Store your opened chunks of cheese in aluminum foil. It will stay fresh much longer and not mold!

Peppers with 3 bumps on the bottom are sweeter and better for eating.

Peppers with 4 bumps on the bottom are firmer and better for cooking.

Beef-Add a teaspoon of water when frying ground beef. It will help pull the grease away from the meat while cooking.

Eggs-To really make scrambled eggs or omelets rich add a couple of spoonfuls of sour cream, cream cheese, or heavy cream; then beat them. Add garlic immediately to a recipe if you want a light taste of garlic and at the end of the recipe if your want a stronger taste of garlic.

Reheat Pizza -Heat leftover pizza in a nonstick skillet on top of the stove; set heat to med-low and heat till warm. This keeps the crust crispy. No soggy micro pizza.

Easy Deviled Eggs -Put cooked egg yolks in a zip lock bag. Seal; mash till they are all broken up. Add remainder of ingredients, reseal, keep mashing it up mixing thoroughly, cut the tip of the baggy; squeeze mixture into egg. Just throw bag away when done - easy clean up.

Reheating refrigerated bread -To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave next to a cup of water. The increased moisture will keep the food moist and help it reheat faster.

Newspaper weeds away -Start putting torn newspaper in your plants, work the nutrients in your soil. Wet newspapers, put layers around the plants, overlapping as you go; cover with mulch and forget about weeds. Weeds will get through some gardening plastic; they will not get through wet newspapers.

Broken Glass -Use a wet cotton ball or Q-tip to pick up the small shards of glass you can't see easily.

Flexible vacuum -To get something out of a heat register or under the fridge add an empty paper towel roll or empty gift wrap roll to your vacuum. It can be bent or flattened to get in narrow openings.

Measuring Cups -Before you pour sticky substances into a measuring cup, fill with hot water. Dump out the hot water, but don't dry cup. Next, add your ingredient (peanut butter, honey, etc.) and watch how easily it comes right out.





FS “A” SCHOOL OVERVIEW

“HERE IS WHAT TO EXPECT”

Classroom

The first phase of FS indoctrination training will be in the classroom. This phase lasts three weeks. During this phase you will be taught the fundamentals of sanitation, safety, food preparation, egg preparation, beverages, knife maintenance, recipe conversion, and leadership.

Lab Phase

The Lab Phase of training is four weeks. This is the phase of training when you put your classroom knowledge to practical use. You will spend a week of intense training on each of the following areas: Meats, Fish, and Sauces; Vegetable, Starches & Soups; Breakfast Cookery & Sanitation, and concluding with bakeshop.

Galley

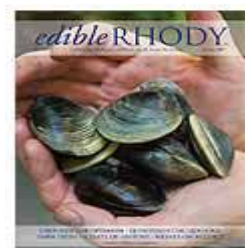
The Galley phase is five weeks long. At this phase of training students will be preparing breakfast, lunch and dinner for the entire Training Center. This is no small task as it is not unusual to have 700 people to feed. This is the chance to hone their culinary and teamwork skills in a real world setting and to get ready for the fleet!



edible
COMMUNITIES
PUBLICATIONS

A network of online food publications where you will find local recipes, what's in season and food news for many areas of the U.S. and Canada.

<http://www.ediblecommunities.com/content/index.php?/edible-publications/edible->



WHAT'S "HOT" OFF THE PRESS AT THE FS "A" SCHOOL CLASS "A" 06-09



POSING WITH A TUSKEEGEE AIRMAN!
Graduated on 13 March 2009 -Class Advisor – FS1 Fels

Assignments:

SNFS Peter Creech - USCGC Legare
SNFS Brian Henao - USCGC Campbell
SNFS Felicia Tucker - USCG Air Station Barbers Point
FS3 Kenneth Selmasska - USCGC Rush
SNFS Ashley Heshelman - USCG Station Point Judith
FS3 Jonathan Potts - USCG Station Marblehead
FS3 Christopher Koenig - BSU Seattle
FS3 David Burns - USCG Air Station Sitka
SNFS Michael Bullock - USCGC Sherman
FS3 Nicholas Lindemulder - USCGC Morgenthau



HONORS GRADUATE
JONATHAN POTTS

ANOTHER FS “A” CLASS GRADUATES!**CLASS “A” 07-09**

POSING WITH THE MASTER CHIEF OF THE COAST GUARD

ASSIGNMENTS

FS3 Karl Radley – USCGC BEAR

FS3 Elizabeth Perez – USCGC HAMILTON

FS3 Erica Gray – USCGC THETIS

FS3 Annie Burthold – USCGC

SNFS Michelle Lachner – USCGC MORGENTHAU

FS3 Chad Cobb – USCGC DECISIVE

FS3 Kacey Hanks – USCGC NORTHLAND

SNFS Melissa Gomes – USCGC HEALY

FS3 Scott Proco – USCGC RESOLUTE

FS3 Brandon Langdon – USCGC TORNADO

FS3 Randell Zahand – USCGC SEQUOIA

HONOR GRADUATE – FS3 Crystal Williams – USCG AIRSTA SITKA

CLASS ADVISOR – FS1 Jason Gaulke



Here at FSAT - we look forward to serving you with future publications of Culinary Connection . We value your input. Submit your ideas and suggestions to

Charles.F.Damico@uscg.mil.

FSCM Charles D'Amico